

Keep learning centers open during rest time.



- Books, journals, puzzles and other quiet activities should be provided for every child who is awake on a mat/cot.
- After 30 minutes of resting with quiet activities, as noted above, learning centers must be available. Activities should be available at 1 table (puzzles, file folder games, journals, etc), at the easel and at least one other center (computer, library, etc.). Children who can't sleep or who wake up early should be busy in centers!

- When children are awake, be sure a light is on or shades are open. Plan ahead: place children who sleep near one another, so you can keep lights off in that half of the room.
- Rest time is also a great time to take a small group of children to the playroom or outside. Enjoy this time for small group learning & fun!



It is never appropriate to insist that a child sleep, or to impose consequences for not sleeping.

OCFS Regulation 418-1.7 (i) For children unable to nap, time and space must be provided for quiet play. Children must not be forced to rest for long periods of time.

MSA High Quality Indicator 4.2a Teachers treat the curriculum as everything that happens during the day.

